

SEED DIGGING

“SEE WITH THE HEART”



Shawna Burns, LPC, LADAC-CS
Licensed Professional Counselor-Clinical Supervisor
Licensed Alcohol and Drug Abuse Counselor
Regional Director
Youth Bridge/Seed Digging Wellness Center



www.seeddigging.com



PURPOSE FOR TODAY

- ▶ 1) **Give you a NEW PERSPECTIVE** of mental health disorders, addictions, and life!
- ▶ 2) **TEACH** you powerful, life changing words!
- ▶ 3) **EMPOWER YOU** to see with the “eyes of the heart” and change a child’s life forever!

THERE IS HOPE!

▶ SEED DIGGING WILL HELP YOU

- ▶ See yourself with a new set of “lenses”
...and others at the heart of who they are.

- ▶ Go from “**SURVIVING TO THRIVING**”

....and FIND LIFE and HOPE AGAIN!

PERSONAL JOURNEY

- ▶ Abuse....
- ▶ Eating Disorders....
- ▶ Didn't want to live...
- ▶ SEVERE Depression and Anxiety....
- ▶ Children's Hospital....
- ▶ Coping Skills, Coping Skills, Coping Skills.....
- ▶ **NEEDED SOMETHING TO PERMANENTLY STOP THE PAIN.....**

NEW IDEA...

- ▶ Friend introduced me to a new idea....
- ▶ Eating Disorders Stopped in One Session...
- ▶ Began incorporating that technique while working with Children and saw phenomenal results...
- ▶ Called this new Idea “Seed Digging”...
- ▶ Began to teach children how to use it themselves...
- ▶ WORKS QUICKLY, EFFECTIVELY, AND PERMA

NEW PERSPECTIVE

“THE GARDEN ANALOGY”

WE ARE GARDENS...

WE ALL HAVE **WEEDS**

WE ALL HAVE **FLOWERS**



EVERY ACTION IS DRIVEN BY A BELIEF

- ▶ *EVERY BEHAVIOR, POSITIVE OR NEGATIVE, HAS A DRIVING FORCE BEHIND IT*

IF A CHILD BELIEVES HE IS STUPID, HE WILL ACT ON THAT BELIEF

IF A CHILD BELIEVES SHE IS SMART, SHE WILL ACT ON THAT BELIEF



EVERY WEED AND FLOWER IN
OUR GARDEN HAS A REASON
FOR BEING THERE

DIGGING FOR SEEDS

- ▶ We are simply looking for the “seed” that’s causing the weeds!
- ▶ If we want to get the weeds to go away permanently, then we need to get to the root or find the “seed” that started the problem.
- ▶ **Example: Thorn Bush in the Garden**
- ▶ Once we find the “SAD SEED,” we help the child and adult PULL IT OUT!

Then we help them discover “truth” from within. By doing this, we are helping them plant a “HAPPY SEED” in its place.

15-year-old girl

OBSESSIVE COMPULSIVE DISORDER

ANOREXIA

- WEEDS:
- Starves herself for long periods of time
- Extremely low body weight
- Very low heart rate
- Placed at AR Children's Hospital 3x
- Compulsions
- Obsessions



SAD SEED: "There's something wrong with me." (I have to fix this.)

HAPPY SEED OR TRUTH: "There's nothing wrong with me and God loves me and my family. People shouldn't judge."

16-year-old girl

SCHIZOAFFECTIVE DISORDER

- WEEDS:
- Hallucinations and Delusions since the 4th Grade
- Confusion
- Obsessions/Compulsions
- Extreme Fears
- Panic Attacks
- Nightmares
- Self-Mutilation
- Depression
- Anxiety
- Suicide Attempts



- **SAD SEED: "I'm not lovable."**
- **HAPPY SEED OR TRUTH: "I am loved."**

REMINDER

SEED DIGGING is...

- ▶ A Very Simple Technique that Leads to Incredible Inner Peace and CONFIDENCE!
- ▶ **YOU CAN USE THESE SAME SEED DIGGING STRATEGIES TO HELP CHILDREN and ADULTS GO FROM “SURVIVING TO THRIVING”**
- ▶ **BY UNDERSTANDING 7 INNATE HUMAN EMOTIONAL NEEDS, YOU CAN HELP THEM HEAL FROM WITHIN!**

HOW CAN I USE SEED DIGGING STRATEGIES?

- ▶ There are only a Few things you need to know in order to use Seed Digging Strategies for those you work with....
 - ▶ WE MUST TRAIN OUR EYES TO SEE
- ▶ 1) Coping Skills were never meant to be permanent
- ▶ 2) Symptoms are Indicators
- ▶ 3) Emotional and Behavioral Symptoms work just like Physical Symptoms do
- ▶ 4) Every one needs a bigger, wiser, stronger, kinder “force” in their lives

SEED DIGGING....

- ▶ 1) Teaches that **COPING SKILLS** are **not meant to be permanent**, but a way to survive or deal with pain until the underlying issue can be cured.
- ▶ Example:
 - ▶ Life Jacket vs Boat
 - ▶ Band-Aid vs Antibiotics
- ▶ **WE MUST TRAIN OUR EYES TO LOOK DEEPER AND TO SEE CHILDREN and ADULTS FROM A NEW PERSPECTIVE...**
- ▶ **TO PERMENTLY STOP THE PROBLEM, WE MUST GET TO THE ROOT!**

HOW DO WE GET TO THE ROOT?...

We Follow the Symptoms and Look For the Cause....

▶ 2) SYMPTOMS ARE INDICATORS

- ▶ If a house was smoking, **WHAT IS THIS TELLING US?**
 - ▶would you put a leaf blower on the smoke? Why?
 - ▶ This would be only treating the symptoms...
- ▶ **In the physical world, this is easy for our eyes to see.....**

IN THE MEDICAL WORLD, THIS IS EASY FOR OUR EYES TO SEE.....

If a person has a nose bleed for days and it doesn't stop...

WHAT IS THIS TELLING US?

...would you keep handing them tissues? Why?

This would only be treating the symptoms...

**This would only be treating the
symptoms...**

We must train our eyes
to see this in the
**MENTAL HEALTH
WORLD!**

...We must train our eyes to see this in the mental health world...

3) Emotional and Behavioral Symptoms Work Just like Physical Symptoms Do

**There are 2 VERY BIG PROBLEMS within the
mental health world...**

- ▶ 1. Symptoms are treated permanently with COPING SKILLS
- 2. Symptoms are typically missed and many times misinterpreted as “disciplinary problems”

WE MUST TRAIN OUR EYES to see...

Reoccurring behavior and emotional
problems and ADDICTIONS
are
**MENTAL HEALTH
SYMPTOMS**

VERY IMPORTANT FACTS!

HUMAN SURVIVAL...

- ▶ Physically there are ABSOLUTES that Every Human Has to Have...
- ▶ OR...
- ▶ They will go into survival mode

▶ PHYSICAL HUMAN INNATE NEEDS TO SURVIVE

▶ EXAMPLES

- ▶ Food/Water
 - ▶ Shelter/Clothing
 - ▶ Oxygen to Breathe
-
- ▶ Example: Person drowning in a swimming pool
 - ▶ Coping Skills could be to grab something or anyone just to get air!

▶ ***THE HUMAN BODY IS MADE TO SURVIVE!***

EMOTIONAL HUMAN NEEDS

- ▶ Emotionally there are ALSO ABSOLUTES that Every Human Has to Have...
- ▶ OR..
- ▶ They will go into survival mode
- ▶ Every Human Needs these things to not only survive, but to thrive...
- ▶ To Feel Loved
- ▶ To Feel Needed
- ▶ To Feel Valued
- ▶ To Feel Accepted
- ▶ To Feel that they Belong
- ▶ To Feel Safe
- ▶ To Feel Secure and that everything will be “okay”
- ▶ The absence of these 7 things lead the person to believing that “something is wrong with them,” they will “be alone forever” or “they will die”
- ▶ **=SURVIVAL MODE**

SURVIVAL MODE...

- ▶ If any of those 7 things are lacking or have occurred/not occurred to the point that the person feels “**helpless**,” they will go into emotional survival. This is how coping skills are developed...
- ▶ **Example: Person emotionally starving for an innate need–**
 - ▶ **THEY WILL DO ANYTHING TO FIND SOME KIND OF CONTROL**
- ▶ **FIGHT/FLIGHT/FREEZE**
- ▶ Coping Skills could be attacking, fighting, stirring drama, shutting down, blocking, drugs, alcohol, cutting, escaping (suicidal ideations), leaving, or anything that will help minimize the pain or help the person survive!

HOW CAN A CHILD GET THESE NEEDS MET WHEN IT ISN'T PRESENT...

▶ 4) Every One Needs Something Bigger, Stronger, Wiser, and Kinder..

▶ This need is INNATELY WITHIN EVERYONE

▶ *NATURE KNOWS THIS....*

▶ Child/Parent/God Concept–In relation to Flower/Sun

▶ *HUMANS INNATELY KNOW THIS...*

▶ A person can get to a place that HE/SHE can discover truth from within and seek that constant and innate “Force” in his/her surroundings

▶ THERE IS A “FORCE OF LOVE” THAT SURROUNDS AND IS ALWAYS PRESENT

▶ THE EYES MUST BE TRAINED TO SEE...

POWERFUL STORIES OF HOPE

- ▶ “The Blanket that Surrounds Me”
- ▶ “He was in the Walls”
- ▶ “The Tap on the Shoulder”
- ▶ SOMETIMES WE GET TO BE THAT BIGGER,
WISER, KINDER, STRONGER FORCE....
 - ▶ We get to be the “HANDS OF LOVE”

SEED DIGGING

Professional Developments for Schools

- School Districts:
Teachers, School Counselors, Nurses, Admin, and
All Staff, Student Assemblies
- Colleges (Staff, Interns)

Mental Health Agencies

- Mental Health Professionals and Paraprofessionals

Trainings for State and Federal Agencies

- Preschools/Headstart Programs, Children and Family Services, Foster Care/Adoption, Independent Living Services

Books and Curriculum

- Teachers, Counselors, Mental Health Professionals, Parents, and Children

Counseling and Consultation Services

- Children and Adults and Mental Health Professionals

Certifications

- Pending

HOW TO USE THE “SEED DIGGING” TECHNIQUE/STRATEGY

- ▶ Seed Digging: *A Simple Technique That Leads to Incredible Inner Peace*
- ▶ By: Shawna Burns, LPC, LADAC
- ▶ --10\$

- ▶ Charlie and the Yucky, Stinky, No-Good Fruit
- ▶ By: Shawna Burns, LPC, LADAC
- ▶ --\$15

- ▶ Individual Garden Kit
- ▶ --\$10

- ▶ Seed Digging for Teachers: *Sowing Happy Seeds and Pulling Weeds in a Child's Garden*
- ▶ --\$10

- ▶ BUNDLES: ALL 3 BOOKS plus GARDEN KIT: \$40.00

▶ CASH, CHECKS, AND CREDIT CARDS ACCEPTED

WWW.SEEDDIGGING.COM

